



**Andalusia Yoga Retreat
- Example Dishes -**

Lunch

Lunch is usually a mix of 5 dishes from the small selection shown below. There is always a green salad that varies depending on seasonal salads available, topped with nuts, seeds or seasonal fruit, figs, strawberries, mango, pomegranate etc. followed by melon or seasonal fruit. All locally grown.

Spiralised squash and courgette with basil pesto

Pesto Gnocchi cooked in a tomato sauce served warm

French beans with teriyaki and sesame seeds

Coleslaw variations

Spiral courgette with Rocket pesto and home sundried tomatoes

Cauliflower florets tossed in Res el Hanout with fresh spinach, chickpeas and home sundried tomatoes

Tomato, garlic salad with olives and parsley

Couscous and carrot cakes served warm

Quiche variations

Tortilla

Beetroot and orange salad with spinach and balsamic glaze

Stuffed mushrooms

Three bean salad or mix with lentils, chickpeas etc.

Rice, couscous or quinoa salad

Potato/Russian salad variations

Courgette ravioli

Spiral Squash with a red pesto

Avocado, tomato, mozzarella and basil salad

Individual tarts with basil pesto, asparagus, cherry toms and goats cheese

Cauliflower rice salad



Dinner

There is a three-course evening meal, below is a small selection from our menus. There are always olives as an aperitive.

Starters:

Gazpacho

Spring rolls

Lettuce, peas and baby broad beans with mozzarella, parmesan with a lemon sauce

Garlic mushrooms

Bruschetta

Asparagus, wild and freshly picked, with lemon sauce parmesan

Filo with local goats cheese and caramelised onion

Green Gazpacho and parmesan biscuits

Soufflé

Mixed tapas of croquetas, dips, gazpacho shots, tempura veggie etc

Carpaccio of courgette with lemon and parmesan shavings

Main course

Stuffed red Peppers

Veggie curry with rice

Aubergine parmesan

Paella

Spanakoptia

Aubergine stack

Tagine with couscous

Pasta bakes

Stuffed aubergine

Veggie wellington

And Pizzas made freshly in our traditional wood oven. The guest make them themselves from a wide variety of toppings. This is always an informal enjoyable night.



Desserts

Banana ice cream – gluten free (with Mango)
Berries, homemade ice cream, nuts
Black Forest Tart
Cheesecake
Fresh cherry chocolate cake
Choc pots
Chocolate and Raspberry Mouse
Chocolate mousse
Chocolate Roulade
Coconut milk rice pudding with mango
Crème Brule
Crepe
Crumble of Fruits
Fig Tarts
Fig Tart Tartin
Figs Rosemary and mascarpone
Filo cups with fresh apricots and ginger
Fruit crumbles
Fruit fool
Raspberry Cheesecake
Intense chocolate and cherry cake with ice cream
Plum cake and vanilla yogurt
Carpaccio of pineapple with ginger, lime, chilli and pomegranate
Orange and almond cake
Carrot cake

